

SUNS OUT GUNS OUT 1/5/20

Part A

3 Round Superset

(Rest 30s to 1 Min Between Movements)

10-12 Close Grip (2 DB) Bent Row

8-12 Supine Bar Row (TRX/ or Ring works too)

15-20 Arch Ups

Rest a few minutes between parts A and B. Rest 2 minutes between sets of 21s.

Movements are slow and controlled with 1 second pause on both ends, stay engaged the whole time.

Part B

3 Sets of 21s (Palms Up)

7 Bottom Up Half Curls

7 Top Down Half Curls

7 Full Curls

Rest 1-2 minutes between sets.

For the close grip bent row, hold the dumbbells together, palms face each other and pull to your chest. Remember to keep your elbows close to the body and shoulders pulled back and down away from your ears.

For the supine rows, just make sure you work from an angle that allows you to move slow and controlled. You might place your feet on a box to get more horizontal or simply walk your feet out far enough that your body is 30-45 degrees to the floor.

For Arch Ups you will lie face down with your arms extended overhead and legs together and extended. Keep some engagement through your belly as you lift your chest and thighs away from the floor. Reach your fingertips and toes as far as you can in opposite directions while you elevate them as high as you can from the floor. Lower down slow.

Now, for the 21's BABY!!

First you curl from straight arm to 90 degrees 7 times. Then, from 90 degrees all the way up 7 times. Then 7 full curls. All without stopping so it is 21 reps total. Then take a break for a minute or two and repeat for a total of 3 sets. Again, go nice and slow and get that pump!!

Close Grip DB Bent Row:

<https://www.youtube.com/watch?v=AM2bi1NLkhY>

Supine Bar Row:

<https://www.youtube.com/watch?v=r8pysulsAZg>

Arch Ups:

<https://www.youtube.com/watch?v=tJKv9iRGQJ4>